(a) synthesizing an oligonucleotide having a base sequence substantially complementary to a subsequence of a messenger ribonucleic acid said subsequence coding for the target protein,

(b) introducing the oligonucleotide into the cell; and,

(c) hybridizing the oligonucleotide to the subsequence of the messenger ribonucleic acid to inhibit the expression of the target protein.

65. A method of claim 64 wherein the entire sequence of the oligonucleotide is complementary to the subsequence of a messenger ribonucleic acid coding for the target protein.

66. A method of claim 64 wherein the oligonucleotide is at least 14 bases in length.

67. A method of claim 64 wherein the oligonucleotide is about 23 bases in length.

68. A method of claim 64 wherein the oligonucleotide is between 14 and 23 bases in length.

69. A method of claim 64 wherein the messenger ribonucleic acid is viral.

70. A method of claim 64 wherein the messenger ribonucleic acid encodes a hormone.

71. A method of claim 64 wherein the oligonucleotide is stabilized to inhibit degradation by nucleases.

72. A method of claim 64 wherein the oligonucleotide is a oligodeoxynucleotide.--